A

GENERAL VIEW

OF THE

NATURAL PROGRESS OF HUMAN LIFE,

WITH

OBSERVATIONS ON THE PRESERVATION OF HEALTH,

AND

THE PREVENTION AND CURE OF DISEASES,

IN THE DIFFERENT STAGES OF LIFE.

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PART I.

It may be accounted ſound wiſdom to preſerve health by every proper mean, to profit by example and advice, and to do nothing contrary to a well grounded experience. MISCELL. SENT.

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PREFACE.

FOR a conſiderable number of years paſt, having had frequent and extenſive opportunities of obſerving the habits and way of living, in common uſe, among men, in different ſituations and circumſtances, under the influence of different climates, in various ſtates of improvement, and with different advantages, with reſpect to the means of procuring and enjoying the neceſſaries and comforts of life; I thought it might be uſeful to give a general view of what might be eſteemed to be the moſt uſeful and conducive to the welfare of each, in their reſpective ſituations and circumſtances, and, for this purpoſe, for ſeveral years paſt, have occaſionally collected various materials for a work of this nature.

But this deſign, for the preſent, partly from the magnitude and extent of the ſubject, and partly from other employments and purſuits, I have laid aſide, or rather thought of abridging the former materials, ſo as to give a brief general view of thoſe particulars on which I purpoſed to have treated

more at large formerly. And this rather, with a view of ſtating the more important general particulars, on the ſubjects of which I treat, which may be applied in a diſcretional way to individual uſe, than to offer any minute or circumſtantial directions, which apply alike to many, or to a few individuals only.

This being underſtood, many things, which may appear omiſſions or defects, in the following pages, will be the more readily accounted for; always ſuppoſing the reader to have a certain meaſure of information on the more common ſubjects here treated of, which is not ordinarily, or, perhaps, with any advantage committed to writing. And, with reſpect to the diſeaſes here noticed, the ſame obſervation is equally applicable; for in all important caſes, at all times, more eſpecially during the tender period of infancy, the exhibition of remedies ought to be directed by a perſon of ſkill and experience, acquainted, in ſome meaſure, with a preliminary knowledge of the principles of medicine, which is neceſſary to the ſafe and efficacious exerciſe of that art. Preliminary knowledge, ſkill, or acquaintance with the art, and ſome meaſure of experience, being valuable in all other branches of knowledge and purſuit, are no leſs ſo in the important art of medicine, and even the more ſo, becauſe the art is

neceſſarily more imperfect than ſome other branches of knowledge or mechanical employment. And though there is much falſe and uſeleſs, not to ſay hurtful knowledge, if it may be ſo called, becauſe it has been received as uſeful, by many in the profeſſion, both in this and former ages; yet it ſtill remains true, that, what is truly valuable, concerning the preſervation of health, and the knowledge and cure of diſeaſes, which is the proper buſineſs of medicine, is the more diligently to be ſought after, and is the more valuable, the more it is ſeparated from what is uſeleſs or hurtful.

In the following pages, I have avoided ſaying any thing concerning thoſe diſeaſes and infirmities which are of a more delicate nature, or the contrary, being alike unwilling to offend the delicacy of others myſelf, as to prove the occaſion of others doing ſo, by means of my writings. And I may add farther, that the connection which all the parts of a well regulated regimen, which are occaſionally noticed in the courſe of this work, have with the general health and welfare of the ſyſtem, in all caſes, rendered that part of the ſubject, at the ſame time, the leſs neceſſary.

As I have only treated, in a general way, on the different parts of this ſubject, for the ſatisfaction of

thoſe who may wiſh for more particular information, I might refer, in a general way, to many writers; but to avoid prolixity, I ſhall notice but a few more particularly, which may occaſionally be conſulted with advantage. And the firſt of theſe, I notice, is *The Hiſtory of Health, and the Art of preſerving it*, by Dr. M'KENZIE, which may be conſidered as a dictionary, containing much valuable information on this ſubject.

The writings of Dr. CHEYNE, in general, may be read with advantage, ſuppoſing the reader to be able to make a proper ſelection, and prudent application of ſome things, which are carried a little too far by the ingenious author, and are not alike applicable in many caſes.

The Præcepta Dietetica, of the late Profeſſor RICHTER of Gottingen, may be conſidered as a valuable general treatiſe on diet, and the various parts of regimen. And for the diſeaſes I have here occaſionally noticed, I refer, in general, to the moſt approved writers on the practice of medicine, without particular enumeration. In connection with the writers already mentioned, the *Aphoriſms* of SANCTORIUS may be noticed as deſerving of much regard, containing the baſis of all that is valuable on the ſubject of diet and regimen, ſo far as reſpects

the important function of perſpiration eſpecially; ſtated in a conciſe, but rather too abſtract a ſtyle *.

On the dietetic part of medicine, the firſt volume of Dr. CULLEN's *Treatiſe on the Materia Medica*, may more particularly be read with advantage, and ſome other books on aliment, of a more common kind, may likewiſe be uſefully conſulted. On the ſubject of air, and its influence on the human body, ſome of the late treatiſes on that ſubject may be conſulted, a few general principles being known, the moſt valuable obſervations on this ſubject are

* The following is the opinion of the celebrated Boerhaave. Nunquam etiam deſerendus Sanctorius in medicina ſtatica. Si libere eſt dicendum, quōd cogito, nullus medicorum, qui ante eum ſcripſerunt, cardinem rei ita adtigit. Intimating, in ſtrong terms, the credit due to him as a writer on this part of medicine, and that no writer, who had preceded him, had handled the ſubject in ſuch a maſterly way. *Methodus Studii Medici cura Halleri*, tom. 2. p. 699.

Among the general writers on health, *The Hiſtory of Life and Death*, by the learned BACON, may be noticed as an amuſing tract, containing ſome important and ſtriking obſervations; but, in general, ſo figuratively expreſſed, that their direct uſe and application is leſs evident. The little tract of CORNARO, may likewiſe be noticed, rather as a lively perſuaſive to temperance and ſobriety in general, than as containing rules of particular application.

rather topographical or local, than general, ſo far as reſpects individuals, or communities, in this point of view, and are more deſerving of regard, than a multitude of looſe, and general obſervations, drawn from foreign climates, and diſtant ſituations. On the ſubject of exerciſe, that of riding, more particularly, the *Medicina Gymnaſtica of* FULLER may be conſidered as a valuable treatiſe, containing likewiſe ſome uſeful practical obſervations on diſeaſes.

A brief ſummary of what has been handed down to us from the ancient phyſicians, who paid great attention to this part of medicine, may be found in the Commentary of *Lommius De Sanitate Tuenda.* During the middle age, little valuable was added to this ſubject, ſome new and uncouth modes of expreſſion were adopted, and ſome things of little value, at times highly eſteemed; but the Galenical doctrines chiefly prevailed, till about the middle of the ſixteenth, and beginning of the ſeventeenth century, when opinions and alluſions, drawn from the mechanical and chymical philoſophy, began to be applied, ſometimes with conſiderable ingenuity, and ſometimes with great extravagance, to explain and illuſtrate the functions of the living human body.

Beſides the writers already mentioned, there are many valuable remarks and obſervations, on all parts

of this ſubject, to be met with in the different periodical publications, and in particular authors, who do not treat ſo immediately on this ſubject, which are too numerous to mention particularly: a ſelection of theſe, as they may occaſionally be met with, will be found an agreeable exerciſe and uſeful amuſement to the inquiſitive reader.

Many of the writers, who have written on health, in general, or the various branches of temperance and exerciſe, in a religious or moral point of view, may likewiſe be read with advantage. The papers in the *Spectator* may be noticed particularly, and ſuch writers, in general, ſhould always be kept in view, in connection with what is more properly to be conſidered in a medical point of view chiefly.

This ſubject has alſo been handled, both generally and particularly, by many writers in verſe, ſo that the reader can be at no loſs for variety on this ſubject. Of the poetical writers, in general, it may be remarked, that ſome fine and ſtriking things have been ſaid, on different parts of this ſubject, which may more readily gratify the taſte, or make an impreſſion on the memory of the reader, than the ſame ſentiment in proſe, and are ſo far to be valued, as they are at the ſame time important, and kept in due connection with other parts of the ſubject;

which leads me farther to obſerve, that ſome of the poetical writers are fanciful, others are of a licentious and profligate tendency, leading rather to the abuſe, than to the preſervation of health, which being a valuable bleſſing, ſhould, no doubt, be improved to ſome uſeful and valuable end.

GLASGOW,
March 16th, 1791.

GENERAL VIEW OF THE HUMAN SYSTEM, DURING LIFE.

THE human body, during life, may be conſidered in two points of view, either as a whole, or as one ſyſtem, poſſeſſing a certain meaſure of health, ſtrength, and activity; or it may be conſidered as compoſed of different parts, and exerciſing various functions and offices, by means of theſe, with more or leſs eaſe, conſtancy, and regularity.

In either of theſe views, it is always liable to many changes, from the influence of external and internal cauſes, which either affect the whole ſyſtem generally, or the various parts of which it is compoſed, in a more particular manner, ſo as to prove more or leſs favourable to the welfare of the whole ſyſtem, or of its particular parts. On the contrary, thoſe changes which take place from the influence of external and internal cauſes, may be more or leſs injurious to the welfare of the whole ſyſtem, or to various parts of the body, ſo as to impede, obſtruct, or deſtroy, the regular and natural exerciſe of the faculties and powers which the whole ſyſtem may be ſaid to poſſeſs in health; or, in the ſame manner,

variouſly to impede, obſtruct, or deſtroy the due and regular exerciſe of the various functions and offices which are performed by the particular parts of the ſyſtem; in the due and regular exerciſe of which, in connection with the welfare of the whole ſyſtem, conſidered as body and mind united, health, in its moſt perfect ſtate, may be ſaid to conſiſt *.

To this view it is neceſſary to add, that the influence of the mind, conſidered ſeparately, as exerciſing faculties proper to itſelf, is very great and conſiderable on the different functions of the body; between all of which, and the principle of life, there is a connection more or leſs intimate, during the whole of life. And the influence, ſo to ſpeak, of the various organs, and parts of the body, conſidered as inſtruments, con-

* The following general definition of health, by the learned BOERHAAVE, is an exceeding good one, ſuppoſing the perſon to be at liberty to follow his own inclinations, which the words indeed imply.

Qui actiones homini proprias exercere valet cum facilitate, oblectamento, et quadam conſtantia, Sanus habetur; atque hæc ejus conditio Sanitas ſolet appellari. Agreeing, in general, with what is above ſtated.

And the following definition of ſickneſs, or diſeaſe, may likewiſe be compared with what follows.

Si verò eaſdem (actiones) aut exercere nequit, aut tantùm eas peragit cum moleſtia, dolore, citave defatigatione, Ægrotare idem dicitur; ipſeque hic ejus *ſtatus* Morbus vocari conſuevit. The late learned Profeſſor CULLEN uſed to object to the word *ſtatus*, in this and other definitions of diſeaſe by BOERHAAVE, on the ſuppoſition, that a perſon might, from conſtraint, or other cauſes, be preciſely in that ſtate, without actually labouring under any diſeaſe; which is, no doubt, in ſome meaſure true, when conſidered in that point of view. *Inſtitut. Medicæ*, p. 1.

connected with, and actuated by, one common principle of life, on the powers and affections which are exerciſed by the mind, is alſo very great and conſiderable. And as all the parts of the ſyſtem, are either connected with, dependent on, or ſubſervient to one another, for the good of the whole, they alſo variouſly influence and affect one another, throughout the whole period of life.

Whenever, therefore, this natural and healthy connection is interrupted or diſordered, in the whole or particular parts of the ſyſtem, diſeaſes and infirmities, in various degrees, take place—and when it is deſtroyed, death enſues.

Whatever, therefore, affects the body or mind in a preternatural manner, or to an injurious and hurtful degree, may be productive of changes, unfavourable to health, or induce diſeaſes and infirmities, in various degrees, too numerous to mention particularly.

Beſides theſe changes which may be conſidered as morbid and preternatural, the human body, in the ordinary courſe of life, undergoes various changes, which are natural to it in the progreſs of life, and which may, at the ſame time, from the concurrence of cauſes, which are unfavourable, or contrary to thoſe natural and neceſſary changes which take place in the ſyſtem, be productive of diſeaſes and infirmities, which are more particularly incident to the different ſtages of life, in the progreſs of the body, from infancy to old age.

On ſome of thoſe diſeaſes, which are moſt common in the different ſtages of life, and on the means

of preſerving health, or the ſalutary and natural order in the ſyſtem, through the different periods of life, I propoſe to offer a few obſervations in the following pages. And firſt,

OF THE, &c.

TO this general view of the ſyſtem, it is neceſſary to add, what I have taken for granted, as being commonly underſtood, *viz.* that the human body and mind, being creatures, though endowed with faculties ſuperior to the animal creation, are ſtill placed in, and remain, in the kingdom of nature and providence, during the whole of life; and of conſequence, are influenced by, or ſubjected to, the general and particular laws, order, or government of each of theſe, as inſtituted and ſupported by the ſame Creator, for the benefit of all his creatures: and are, at the ſame time, liable, from the prevalence of evil, to many diſorders and accidents, affecting both the body and mind, which are contrary both to the order of nature and providence, as inſtituted by the Divine Creator.

OF THE

FIRST PERIOD OF HUMAN LIFE,

INFANCY AND CHILDHOOD.

THE period of Infancy may be conſidered generally, as extending from the time of birth to the end of the ſixth or eight year; or more particularly, as including the firſt and ſecond years of life, during which, the firſt ſet of teeth are, for the moſt part, nearly completed, and the child begins to walk about a little, without the aſſiſtance or ſupport of others. And Childhood may be conſidered, as beginning at the end of the ſecond year, and ending between the ſixth and ninth year, when the firſt ſet of teeth are, for the moſt part, ſhed, and ſucceeded by a part of the ſecond: the child at the ſame time gradually increaſing in ſize, and becoming ſtronger, more active and ſenſible, ſtands leſs and leſs in need of the aſſiſtance and attendance of thoſe about him on every occaſion.

A new born infant, on coming into the world, undergoes the greateſt of all changes; the intimate

connection and union with the mother, which rendered them in ſome meaſure one, being now diſſolved, he becomes ſubject to the influence of thoſe external cauſes which affect each individual of our race, and dependent on the care and management of the mother, or nurſe, for ſuſtenance and aſſiſtance, ſuited to nouriſh, ſupport, and defend his tender frame, and to regulate and improve his infant powers and capacities, which it is the intention of nature gradually to unfold and ſtrengthen, and to which all the aids of art ſhould be duly ſubſervient.

For theſe purpoſes, the tenderneſs and diſcretion of a healthy mother and nurſe, aided by a little experience, the advice, example, or aſſiſtance of others, who have brought up thriving and healthy children, will ſupply the place of many rules, and prove, in general, more ſucceſsful than any one rule ſingly, or than a variety followed unſeaſonably, without the aid of a diſcreet and prudent application.

The number and variety of thoſe complaints to which infancy is liable, is ſo very great, and prove ſo frequently fatal, that an attention to a ſuitable general management is of the greateſt importance, and its good effects are not only immediately perceivable, but often laſt through the whole of life; to which a thriving and well regulated infancy may be conſidered as a pleaſing and promiſing introduction.

The general circumſtances by which the treatment of infants ought to be regulated, may be conſidered under the following heads:

FIRST, A general tenderneſs and prudent management of the infant, ſuited to its preſent ſtate and condition.

This is at all times neceſſary during infancy, and more particularly ſo, immediately after the birth, and for the two firſt years of life: and includes in it, a ſuitable attention to the cleaning and dreſſing of infants after the birth, and at all other times—the eaſieſt and moſt convenient manner of taking up, carrying, ſupporting and exerciſing of children, in a way proportioned to their ſtrength, and ability to bear theſe exerciſes; and alſo, an attention to avoid all thoſe external impreſſions of light and heat, cold or wet, noiſe; or violence of any kind, whether ariſing from violent and irregular motions of the body, its improper poſture, or ſudden expoſure to ſuch objects around them, as are liable, from their nature, to excite emotions of fear or ſurpriſe, which may be too powerful for their tender frame, injurious to particular parts of the body, or productive of dangerous diſeaſes.

Quiet and warmth are particularly neceſſary for ſome time after the birth; for the change which is then made in the ſtate of the circulation, and of the manner by which the life of the infant is ſupported, though it is natural and common to all, is at the ſame time ſo great and important, that it cannot be ſuppoſed to take place, without occaſioning ſome degree of uneaſineſs and inward commotion; the greater tenderneſs therefore, muſt, in all reſpects,

be neceſſary for ſome time, until the infant becomes accuſtomed to its new ſituation.

A new born infant requires very little air to ſupport life, and imprudent or unneceſſary expoſure to it, by carrying out, or otherwiſe, I take to be for ſome time hurtful; and all other practices which tend to give a great or ſudden ſhock to the ſyſtem, at this early period, by the uſe of the cold bath, or other means, are at beſt unneceſſary, and in our climate, at leaſt during the cold ſeaſons of the year, are liable to be injurious. Under the Jewiſh œconomy, children were not ſubjected to the law of circumciſion, till they were eight days old; and under the Chriſtian diſpenſation, the ſame time, or perhaps more, in our climate, may be allowed, before the ordinance of baptiſm is adminiſtered in a public and orderly manner.

In order to render the change which takes place after birth eaſier and more complete, it is in general found to be uſeful, and ſometimes often neceſſary, to evacuate the contents of the bowels, which had been collected during the time of geſtation; provided a due evacuation does not, as it moſt commonly does, naturally follow the exerciſe of reſpiration, and the uſe of the mother's milk. The aſſiſtance of medicine, for this purpoſe, is then commonly requiſite; as experience has ſhown many bad effects to ariſe from its retention.

The meconium, as it has been called, may be evacuated by all the milder laxative and purgative medicines, exhibited in a doſe, and form of preparation, accommodated to the infant ſtate. For this purpoſe,

manna, caſſia, freſh-butter, honey, the oil of ſweet almonds, magneſia, rhubarb, ſenna and various officinal ſyrups, and other preparations, have been uſed at different times, either ſingly, or in compoſitions of a domeſtic, or more ſcientific kind. Thoſe which are moſt ſimple, and the leaſt liable to excite griping in the bowels, are to be preferred; and the moſt convenient means of exhibiting theſe which are in a ſolid form, will be found to be either in ſyrups, the ſimple or diſtilled waters of mint or aniſeed, or with infuſions of the common herbs, with aromatics, when a vehicle is wanted, or when the form of mixture is preferred to the more ſimple preparations *.

When an infant becomes a little accuſtomed to its preſent ſtate, and begins to be acquainted with the mother, or nurſe, to notice and be familiar with the objects around it, the moſt proper means of amuſing, pacifying, and ſoothing each infant, will naturally be pointed out to each prudent mother and nurſe, by a growing acquaintance with the conſtitution, temper, and habits of the child; and may alſo be aſſiſted by the example of others, and an attention to the moſt approved practices in common uſe.

But an acquaintance with the child, ariſing from, and regulated by, experience, is by far the moſt de-

* The remedies which are moſt adviſable for this purpoſe, are rhubarb, magneſia-alba, the wine or tincture of rhubarb, or even a very ſmall doſe of jalap. And the diſtilled waters above-mentioned, or the ſyrup of pale roſes, violets, or orange-peel, are the moſt ſuitable vehicles. The ſyrup of roſes, or the like, may alſo be uſed ſingly, for the ſame purpoſe.

ſerving of attention, and naturally leads to a due regulation of many leſſer things, which none but the mother, or nurſe, can ſo readily perceive, or ſo ſeaſonably rectify; and ſerves alſo as a guide to point out, and to prevent the riſe and progreſs of thoſe improper and unbecoming habits, which are ſo eaſily fallen into, from neglect, indulgence, or imitation of the converſation, carriage, and geſtures of others, during infancy and childhood, which cannot be too ſoon prevented, or too ſpeedily corrected; for children cannot be too early accuſtomed to what is natural and becoming to their years and capacity. And their very ready and quick perception of, and ſenſibility to, applauſe and encouragement, ſhould be improved and employed for this valuable purpoſe.

Concerning the general treatment of infants, I ſhall only, at preſent, further obſerve, that it is equally improper, during this period of life, to neglect a proper indulgence of childiſh amuſements, as it is on the other hand, to wink at, gratify or encourage, every irregular appetite and propenſity.

Secondly, A proper choice, and ſeaſonable exhibition of nouriſhment, is of great importance during the infant-ſtate.

The proviſion of nature, the milk of a healthy mother, or nurſe, is, of all others, the moſt ſuitable to the infant-ſtate; and when it is in ſufficient quantity, is readily taken, and agrees with the child, there is hardly any other food for ſome time neceſ-

ſary, and none preferable; but even this moſt ſalutary nouriſhment, ſhould not be given too freely, or too frequently. Infants are for ſome time hardly acquainted with any other object but the breaſt of the mother, to which they always have recourſe, whenever they are fretful and reſtleſs, without benefit or refreſhment. The mixture which is by this means often made in the ſtomach, of the recent milk of the breaſt, with the milk in different ſtates of digeſtion in the ſtomach, is often an additional cauſe of uneaſineſs, and productive of many complaints of the ſtomach and bowels, which are not only of themſelves troubleſome and dangerous, but are, ſooner or later, injurious to the welfare of the whole ſyſtem.

This points out the propriety of endeavouring to amuſe or relieve the infant by other means, in order to divert it from the breaſt, when it is too frequently, or almoſt conſtantly ſought after, while there is, at the ſame time, a ſufficient quantity of milk to ſatisfy the child, without ſuch frequent repetition; for when the contrary is the caſe, the only remedy is, by having recourſe to other nouriſhment, to ſupply the deficiency of milk, till the health of the mother, or nurſe, can, by a ſuitable attention to diet, or other means, be in ſome meaſure improved. When this cannot be done, it is often more adviſable to wean the child, or to change the nurſe, than to continue the uſe of the breaſt, when it proves weakening to the mother, and inſufficient or injurious to the infant.

It is true, that the milk often diſagrees, not only

from its quantity, improper mixture, or too frequent repetition, but alſo from its qualities diſagreeing with the child, which though they may always be rendered leſs injurious, by a timely and ſeaſonable uſe, yet they can only be effectually remedied, by an attention to the health, regimen and habits of the nurſe.

The poorneſs, thinneſs and ſcantineſs of the milk is moſt properly to be corrected, by endeavouring to remove diſeaſes, or conſtitutional infirmities, and by ſupplying the body with a ſufficient quantity of ſubſtantial and wholeſome nouriſhment, that the veſſels may be duly filled with mild and nutritious juices: in order to effectuate this, it is in the firſt place neceſſary, to correct all errors in diet and regimen, which have a contrary tendency, and to uſe only ſuch nouriſhment as can be taken without ſatiety or diſguſt, and is at the ſame time refreſhing and nutritious.

For this purpoſe, a diet of milk, with bread or pottage, and broths, with vegetables, and a portion of animal food, pancakes, puddings of different kinds, ſoft eggs, veal, mutton, tripe, and other articles of food, which are not of a hot, fiery or acrimonious nature, or of a very ſaline quality, will be found, in general, to agree the beſt, and to ſupply the moſt ſuitable nouriſhment. And drinks which are of a refreſhing nature, and are not too ſpirituous or heating, are very proper after meals, or at other times, to refreſh or allay thirſt; but they ſhould not be too much indulged in, to the neglect of more ſolid food: it is more proper in

this caſe to uſe ſpoon-meats, panado, or gruels of a nutritious quality, and which occaſion little thirſt, than to uſe other liquids alone, which are not of a nouriſhing quality.

A ſuitable relaxation from other employments, and indulgence in recreations and ſleep, are often very neceſſary and advantageous; as they tend greatly to promote the aſſimilation of the nouriſhment and refreſhment of the whole ſyſtem. When low circumſtances, or a continuance of bad health, prevent the uſe of theſe means, or render them ineffectual, it is then, in general, more proper to take the child from the breaſt, when it begins to pine and waſte, than to continue its uſe; more eſpecially, when it is already of an age that admits of being weaned, without injury, and can be brought to take other nouriſhment freely.

The richneſs and ſuperabundant quantity of the milk, which ſometimes takes place in healthy and ſucculent conſtitutions, may be moſt ſafely corrected by the uſe of light and dry food, and a ſparing uſe of liquids; moderate exerciſe, and ſhortening the uſual time of ſleep, is alſo uſeful, and the occaſional uſe of laxative remedies.

The qualities of the milk, which render it liable to produce coſtiveneſs, or the contrary, are often connected with, or dependent on, the circumſtances already noticed, concerning its ſeaſonable uſe and repetition, or proceed from the qualities of the milk itſelf, which depend, in general, on irregularities in diet, errors in regimen, diſeaſes of the breaſt, or the conſtitutional habits of the nurſe, which can

only be detected by a ſeaſonable examination, and remedied as the nature of the caſe and circumſtances may point out. There is a connection between a healthy mother and a thriving child, which experience can eaſily regulate and improve, and there are many infirmities of the child which the diſcreet attention of the mother can only remedy; as well as many ſlighter ailments of the mother, which even a weakly infant can bear with, without being much affected thereby.

The general circumſtances which render it neceſſary to wean the child, are for the moſt part ſufficiently known: it is generally improper to keep the child at the breaſt during the prevalence of conſtitutional infirmity, or diſeaſes, or when the functions of the ſyſtem have taken another courſe; and it is alſo unneceſſary to keep a healthy child at the breaſt, when other nouriſhment can be freely taken, and agrees with the infant; though there is no particular inconvenience ariſes from prolonging the period of nurſing, when the mother is healthy and the child thriving. For the moſt part, the uſe of the breaſt can be but very imperfectly ſupplied by other means, for the firſt three or five months of the child's life, and is rarely altogether neceſſary, longer than the firſt twelvemonth. Weakly and puny children ſhould not be too ſoon deprived of the uſe of the breaſt, when the mother or nurſe are healthy, and the milk almoſt the only nouriſhment that agrees with them; but it is of uſe betimes to accuſtom both weakly and healthy children to take nouriſhment by a ſpoon, or other means, in

due time, that they may not be altogether deprived of ſuſtenance, when, from indiſpoſition, the milk diſagreeing with them, or other unavoidable cauſes, they cannot have recourſe to the breaſt.

With regard to the uſe of other food in infancy, the beſt general rule that I can offer is, that the food be of a wholeſome and ſound quality, and of a ſimple and unadulterated preparation, ſuited to the infant ſtate, with as little admixture of condiment, or unneceſſary variety as poſſible. And it is equally neceſſary to avoid the too free uſe, or frequent repetition of other food, as it is to be timely and ſeaſonable in the uſe of the breaſt.

The preparations from the grains in common uſe, and bread, eſpecially as being moſt uſed, require the greateſt attention. The genuine ſoundneſs of the article itſelf is always of principal importance. The bread employed, ſhould be of flour of a middling fineneſs, free of all crudity or rawneſs, ſcorching or burning, from the heat of baking, and without any admixture of ſweets, eggs, or fat whatever. And the paps prepared from it, whether with the addition of water only, or of milk, and a portion of ſugar, ſhould rather be incorporated, by boiling the articles together, than by ſimple mixture only, which leaves them in a more raw and crude ſtate, and more liable to be offenſive to the ſtomach; eſpecially when weak, and troubled with crudity and flatulence, than when they are prepared by boiling. Gruels, and pottage prepared of oatmeal, or bread, and ſtrained to ſeparate the groſſer parts, if neceſſary, or a decoction of barley, either alone,

or with the addition of the ſhavings of hartſhorn, liquorice-root, or ſugar-candy, with the addition of a proper quantity of milk, have, on this account, a juſt preference to other articles of nouriſhment, which are of a leſs perfect mixture and preparation.

Broths, prepared of chicken, veal, mutton, or beef, when not too rich, fat, or high ſeaſoned, are a wholeſome and ſalutary nouriſhment, and may be properly enough interpoſed, to ſupply the deficiency of milk, either when the child is on the breaſt, or deprived of its uſe; and afterwards are very uſefully employed, either alone, or with a portion of bread, as a principal article of nouriſhment. In general, barley, rice, and other grains, or vegetables, which are of a tough fibrous texture, are leſs properly taken, in ſubſtance, along with broths, though very well boiled, than a proper proportion of bread; being of more difficult digeſtion, and liable to occaſion crudity and flatulence of the ſtomach and bowels, eſpecially in weakly children. In ſuch caſes, though theſe articles, barley eſpecially, may be uſefully boiled in the broths, it is more proper to ſeparate it afterwards from ſuch portion as may be uſed.

The proper time of giving ſolid food to children, can only be eſtimated by the keenneſs of their appetite, and cravings for it, and its agreeing perfectly well with them, when prudently given. The ſtrength of the digeſtive faculty, and quantity of ſolid food which is neceſſary, is extremely various, in different children, and can only be learned by experience, due regard being always had to prevent exceſs,

When children pine, and do not thrive on liquid food, it is for the moſt part proper to try a more ſolid diet; and when they become oppreſſed or unſeemly, from too full or ſubſtantial a diet, a change to one which is more ſpare and liquid, is for the moſt part neceſſary *.

It is always of great importance to give the food, or drinks, of a proper temperature, with reſpect to heat, neither too hot nor too cold; and with reſpect to ſeaſoning, neither too ſweet, ſalt, ſpicy or acrimonious, nor when it is of a weak or watery nature, ſhould it be altogether inſipid, eſpecially in weakly and delicate children, being always aware, in theſe caſes, of the contrary extreme.

During infancy, the ſeaſonable uſe of a pure and generous wine, in ſmall quantities, or even of cordial and ſpirituous liquors, which are rather agreeably cordial, than of a luſcious or narcotic quality, when duly diluted, in caſes of languor, inappetency, or pining under a poor diet, and uncomfortable regimen, is often of great ſervice; but theſe liquors are very improper, when they are given to relieve the ſame ſymptoms in a pampered and overfed infant; and their continued and frequent uſe, is, in all caſes, improper, as they tend to pervert the natural and regular exerciſe of all the functions of the ſyſtem.

* The practice of chewing the ſolid food by the nurſe, or mother, before it is given to the infant, cannot, in general, be approved as wholeſome or ſalutary, and may ſometimes prove extremely noxious. The food may be conveniently ſoftened, rendered more palatable, and of eaſier digeſtion, by other means, of a leſs doubtful kind.

The uſe of ſweetmeats, confections, dried and recent fruits, during infancy, is by far too frequent, and often carried to exceſs: taken even in ſmall quantities, they are apt to cloy and pall the appetite, and to give a diſlike to plain and wholeſome nouriſhment, to which they are greatly inferior, as an aliment; and by immoderate or continued uſe, they ſeldom fail to generate crudities, or give riſe to obſtructions in the bowels, to vitiate the humours, and occaſion many dangerous and obſtinate diſeaſes: the pleaſing taſk of parental indulgence, and encouraging of infants by theſe means, ſhould therefore be ſparingly and prudently exerciſed, at all times, eſpecially during the early period of infancy.

Due care ſhould always be taken that the ſtones and kernels of fruits, the rind, pithy or fibrous parts of vegetables, which are altogether indigeſtible, ſhould not be ſwallowed; as they often give riſe to troubleſome and dangerous complaints of the bowels, and to violent affections of the whole ſyſtem; the cauſe of which it is not eaſy to diſcover, or if known, it is not always in our power to remove.

Infants ſhould therefore be prevented from uſing theſe things, and when they are a little grown up, they cannot be too early cautioned againſt taſting, chewing, or ſwallowing of any articles, as food, with the uſe of which they are not already acquainted. And all the ſtronger articles of food, rich and made diſhes, ſalted meats, or fiſh, cheeſe, or other reliſhing articles of diet, or condiment, ſhould either be altogether abſtained from, or, at leaſt, uſed with as much diſcretion as ſweetmeats, cakes, and con-

fections. The uſe of cream or butter, ſhould always be moderate, during infancy, and never uſed when of a rancid quality from heat or keeping.

In general, the water which is uſed for preparing the food of infants, mixed with milk, or taken as drink, ſhould be of a pure, light and ſoft quality; when it is not ſo naturally, it is very generally proper to correct its qualities, by filtering, keeping a certain time, boiling, or other means, as its uſe may otherwiſe prove extremely hurtful *.

In fine, it may be obſerved, that the ſkilful choice, ſuitable preparation, and timely exhibition of nouriſhment, during the infant ſtate, is a moſt valuable part of the general treatment, and highly conducive to their welfare; it tends to prevent, alleviate, or remove many infirmities, to preſerve health, and to promote the ſucculency, plumpneſs, and comelineſs, which are natural and becoming, at this age, and, at the ſame time, moſt favourable to the gradual evolution and growth of the body. When it is contraſted with the pining effects of abſtinence, or poverty, there will be much reaſon to be grateful, and a ſtrong call to commiſerate and help the infirm and indigent: and when it is compared with the uſual effects of variety and indulgence, ſuppoſing the conſtitutions of infants ſo treated, to have been naturally healthy, there will be no little reaſon to

* When the water is of an indifferent quality, it is often ſafer to uſe a weak infuſion of Congo, Souchong tea, or the like, as drink, in preference to the water in its crude ſtate. Theſe infuſions may be uſed cold or moderately warm, with a portion of milk.

perſevere cheerfully, without changing, and to encourage others likewiſe by their example: experience having ſufficiently ſhewn, that an overfed and pampered infant is always the moſt fretful and reſtleſs, generally the moſt puny, and ſeldom fails to ſuffer much from crudity and griping, cutaneous, or febrile diſeaſes.

THIRDLY, It is of importance, duly to regulate the clothing, exerciſe, and ſleep of infants, and to avoid or correct the noxious qualities of the air, to which they may be expoſed.

It is chiefly neceſſary, that the clothing of infants be light, eaſy and comfortable, ſo as to defend the body from the inclemencies of the weather, and to preſerve its natural temperature, with as little preſſure, or reſtraint, on particular parts, as poſſible. The more ſimple the texture of the clothing is, and the leſs its qualities are altered by colouring, ſo much the better; as colours, in general, render woollen or cotton ſtuffs of a leſs friendly quality, and the ſame is true of mixed and wrought ſtuffs of almoſt every kind. Thoſe parts of dreſs which are next the ſkin ſhould not be of too fine a texture or quality, nor too much the contrary. The ſoft and ſpongy bodies of infants are rather invigorated by clothing of a coarſe texture, which readily takes up the moiſture and impurities which abound in infancy, and at the ſame time occaſions a degree of ſalutary friction on the ſkin. The advantages of a plain and homely dreſs in infancy, are clearly ſhown by the examples

of children educated in charity-ſchools, who certainly enjoy all the advantages of comfortable clothing, without loſing any thing for the ſake of ornament or ſuperfluity.

But the cleanlineſs of their perſons and clothing is of as much or even more importance than the former; as, without cleanlineſs, no dreſs can be comfortable or agreeable. The cleanlineſs, ſweetneſs, and wholeſomeneſs of the perſons and dreſs of infants, and of every perſon and thing about them, greatly promotes health, and preſerves from many diſeaſes. The dampneſs and rawneſs which the dreſs of infants ſoon acquires, ſhould above all be carefully guarded againſt, by a frequent change or airing of their clothing, and the ſame is alſo true of their bed clothes.

The exerciſe and amuſements of infants ſhould always be proportioned to their ſtrength and ability of bearing them with advantage: without exerciſe and recreation the appetite is impaired, the livelineſs and playfulneſs of the infant gradually decline, and are ſucceeded by heavineſs and fretfulneſs, with a diſpoſition to fall a crying at every thing, which can only be removed by ſuitable amuſement, or exerciſe, without or within doors. But, in early infancy eſpecially, it is ſafer to be moderate than to exceed in either of theſe, and always of great uſe to be ſeaſonable, both with regard to the time of the day, and ſtate of the weather, when they are carried out; and at all times, when uſed either in the houſe or

in the open air, at ſuitable intervals after food or ſleep *.

All violent and ſtraining efforts, and every unnatural or unbecoming poſture of the body, ſhould be carefully avoided. Many of the idle tricks and gambols, which are often practiſed with impunity, are, nevertheleſs, of themſelves highly dangerous and pernicious, and ſometimes give riſe to the moſt grievous and incurable diſeaſes: nay, ſometimes, prove immediately fatal. The practices of lifting by the head, hanging by the heels, ſwinging or turning round, till giddineſs is produced, and various kinds of tumbling, may be mentioned as examples of the moſt dangerous kinds.

It is therefore neceſſary, not only to guard againſt all theſe exceſſes, but alſo to warn infants, or their

* The moſt ſuitable exerciſes, in infancy, are, carrying and gently moving in the arms of another perſon [a]—gentle frictions of the body—walking, or drawing in a chair, or eaſy carriage. The exerciſe of ſwinging, and riding, may be often too powerful for the infant ſtate; the former eſpecially, is of a doubtful nature. The moſt ſuitable amuſements, in infancy, are thoſe which afford moderate and gentle exerciſe, either in the houſe or open air, with the feweſt inconveniencies from the ſtate of weather, or other dangers and irregularities, to which children may be expoſed from their uſe.

[a] Some care is neceſſary in taking up or carrying weakly children, to avoid compreſſing the breaſt, and occaſioning or increaſing deformity thereby, which renders the exerciſe in a chair ſometimes preferable to that of carrying in the arms; unleſs due care is taken to ſupport the body, in an equal manner, when in a very weakly and delicate ſtate. The uſe of a mattreſs, or other mechanical helps, for this purpoſe, may ſometimes be adviſable.

attendants, of the moſt common dangers and accidents to which their particular ſituation may render them particularly liable; as living either in large cities, or places which are leſs frequented, which a local knowledge, aided by diſcretion, can only point out.

The younger infants are, the more ſleep they require, and if otherwiſe healthy and thriving, they are rarely any way injured by a free indulgence in it; as their appetites, and the other calls of nature, are, in general, ſufficient to prevent its exceſs: but when a child begins to pine and waſte with a continual drowſineſs, and broken or unquiet ſleep, it is either occaſioned by crudity, or diſeaſes of the firſt paſſages; or it is a ſign, or concomitant, of chronic diſeaſes, which ſhould be timely remedied by proper means, as the tendency to ſleep is then rather to be regarded as a ſymptom of diſeaſe, than as a diſpoſition to quiet and refreſhing ſleep; which is the moſt ſalutary reſtorative of nature, and naturally tends to remove or relieve many of the leſſer infirmities.

As infants grow up, it is neceſſary to accuſtom them a little to regularity in their times of ſleep, ſo as to give due place for the other parts of regimen, at times, conſiſtent with their welfare, and the neceſſary employments of civil life. It is often to be regreted, that the other duties of the mother, or nurſe, ſhould occaſion them to keep children too long in a laying poſture, which greatly tends to enfeeble and enervate their whole frame, and proves a fruitful ſource of waſting and lingering diſeaſes.

Strong and lively children, in general, ſleep very well alone; the more weakly and delicate are benefited by the warmth of a healthy mother or nurſe; but when it is otherwiſe, or they are already injured by neglect or untenderneſs, it is of advantage to make a change of their manner of ſleeping, and more adviſable to keep them alone, or to commit them to the care of more attentive guardians.

The gentle and eaſy motion of a cradle I ſhould eſteem, in general, to be favourable for inducing ſleep; but all violent and irregular motions are likely to do harm *. Whether children ſleep in a cradle or bed, they ſhould not be too cloſely confined in their own atmoſphere, nor in a place too much crowded with other children. There is ſomething in the atmoſphere of a place, where a number of children are confined together, which ſeems to be very liable to produce or ſpread diſeaſes amongſt them; which can only be remedied by a due attention to prevent the places where they ſleep from

* Children may not only be injured by theſe violent and irregular motions of the cradle, which tend to give a great ſhock to the ſyſtem, but may alſo be hurt by fixing the eye on objects in motion around them, while the cradle is in motion, which may be too powerful for them to bear; eſpecially if of a more delicate habit, or liable to convulſive diſeaſes. Theſe inconveniencies in the uſe of this ancient, and, generally ſpeaking, ſalutary practice, ought therefore to be guarded againſt, and avoided. There may likewiſe be ſome difference, with reſpect to health, ariſing from the nature of the materials, and conſtruction of the cradle, which I ſhall not now farther notice particularly; as, in general, I take the more common kinds of wicker, or the common woods, to be the beſt.

being crowded, and a proper ventilation of their apartments. The walls of a nurſery, bed-chamber, or public ſchool, where many children ſleep or reſort to, ſhould, in general, if it is at all practicable, be white-waſhed twice a year; which tends powerfully to preſerve the wholeſomeneſs of the apartment, and to prevent or check the progreſs of diſeaſes, ariſing from the unwholeſomeneſs of the place itſelf, when aided by the ſeaſonable uſe of fires and other means.

It has already been obſerved, that infants at firſt require very little air for the ſupport of life, but they are very liable to be injured by its noxious qualities. They are eaſily overpowered by cold, which is always to be guarded againſt, and very ſoon enervated and relaxed by moiſture and dampneſs, which is very unfavourable to the infant ſtate. Sudden changes from heat to cold, and unneceſſary expoſure to the viciſſitudes of the weather, or to the evening and morning air, when the ſeaſon is cold and damp, are often very hurtful. The air in a confined ſituation, which is rarely changed by ventilation, and much charged or tainted by effluvia, or ſmells of any kind, eſpecially if they are of a noxious quality, is, of all others, the moſt liable to be injurious and hurtful to infants*: a pure and dry atmoſphere, of a moderate degree of warmth, being, of all others, the moſt ſalutary in infancy; and even

* Experience has ſufficiently ſhewn, the noxious effects of the atmoſphere of large cities on the health of infants, which is not a little increaſed by the unwholeſome qualities of the food and drink, bad lodging, and many other circumſtances.

a conſiderable degree of heat, does not ſeem of itſelf to be ſo hurtful, as might be expected, when other circumſtances are alſo favourable. Children, in ſome of the warm climates, even in dry and ſandy ſituations, which are the hotteſt, are often remarkably healthy, as is found to be the caſe in ſeveral places of the Weſt Indies, and in the Mediterranean likewiſe.

It is the lot of very few to be able to change their ſituation, in order to obtain a more favourable atmoſphere, but it is for the moſt part in the power of all, in ſome meaſure, to guard againſt, or correct its noxious qualities, and to avoid thoſe viciſſitudes and extremes which are alike unfavourable to the animal and vegetable part of the creation. The ſame caution is neceſſary, in the uſe of artificial heat, too much cloſeneſs and warmth tending to deſtroy the vital principle of the air, and to ſuffocate and overpower the growing powers of life. And the contrary extreme is alike unfavourable to the tenderneſs and delicacy of the infant frame, which it is neceſſary to cheriſh, in order to invigorate and improve. As there are certain ſtates of the air, in every ſituation, which are known to be liable to produce and ſpread epidemic diſeaſes, the leſs frequently children are expoſed to the air, or to a change of temperature, during the prevalence of an unhealthy ſtate of the atmoſphere, the more likely they are to eſcape theſe complaints which it is liable to produce.

And thoſe diſeaſes of a contagious nature, which are communicated by the medium of the air, are

principally to be prevented by avoiding all contact, or near communication, with infected perſons, or with other perſons, animals, clothes, effluvia or impurities which may have been near, or ariſen from the body of an infected perſon, as it is found by experience, that the air, without the aid of theſe means, does not propagate contagion to any great diſtance from the ſource of the infection, inſomuch that, in ſome caſes, it has been thought ſufficient to avoid contact only, in order to avoid infection; but this is by no means to be truſted, as alone ſufficient, in any caſe, when the air can be conſidered as the medium through which the contagion is tranſmitted. During the prevalence of contagious diſeaſes, it is therefore moſt prudent and ſafe to reſtrain all unneceſſary intercourſe or communication with ſtrangers, or even relatives and acquaintance, who may be expoſed to, or no way attentive to avoid, theſe diſeaſes; and to guard againſt all thoſe articles, which may be conſidered as the means of their communication *.

Laſtly, It may be obſerved, in general, that as a due regulation of diet is of great importance, in order to ſupply the body with mild and wholeſome juices, ſo an attention to the various parts of regimen, which have been noticed under this head, is of no leſs importance, in order to promote the due

* In general, all bodies which are capable of imbibing or retaining effluvia, vapour, moiſture or impurities of any kind, may occaſionally prove the means of communicating infection; and they often become more dangerous by means of artificial heat, or the temperature of the human body.

a conſiderable degree of heat, does not ſeem of itſelf to be ſo hurtful, as might be expected, when other circumſtances are alſo favourable. Children, in ſome of the warm climates, even in dry and ſandy ſituations, which are the hotteſt, are often remarkably healthy, as is found to be the caſe in ſeveral places of the Weſt Indies, and in the Mediterranean likewiſe.

It is the lot of very few to be able to change their ſituation, in order to obtain a more favourable atmoſphere, but it is for the moſt part in the power of all, in ſome meaſure, to guard againſt, or correct its noxious qualities, and to avoid thoſe viciſſitudes and extremes which are alike unfavourable to the animal and vegetable part of the creation. The ſame caution is neceſſary, in the uſe of artificial heat, too much cloſeneſs and warmth tending to deſtroy the vital principle of the air, and to ſuffocate and overpower the growing powers of life. And the contrary extreme is alike unfavourable to the tenderneſs and delicacy of the infant frame, which it is neceſſary to cheriſh, in order to invigorate and improve. As there are certain ſtates of the air, in every ſituation, which are known to be liable to produce and ſpread epidemic diſeaſes, the leſs frequently children are expoſed to the air, or to a change of temperature, during the prevalence of an unhealthy ſtate of the atmoſphere, the more likely they are to eſcape theſe complaints which it is liable to produce.

And thoſe diſeaſes of a contagious nature, which are communicated by the medium of the air, are

principally to be prevented by avoiding all contact, or near communication, with infected perſons, or with other perſons, animals, clothes, effluvia or impurities which may have been near, or ariſen from the body of an infected perſon, as it is found by experience, that the air, without the aid of theſe means, does not propagate contagion to any great diſtance from the ſource of the infection, inſomuch that, in ſome caſes, it has been thought ſufficient to avoid contact only, in order to avoid infection; but this is by no means to be truſted, as alone ſufficient, in any caſe, when the air can be conſidered as the medium through which the contagion is tranſmitted. During the prevalence of contagious diſeaſes, it is therefore moſt prudent and ſafe to reſtrain all unneceſſary intercourſe or communication with ſtrangers, or even relatives and acquaintance, who may be expoſed to, or no way attentive to avoid, theſe diſeaſes; and to guard againſt all thoſe articles, which may be conſidered as the means of their communication *.

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aſſimilation of the fluids, the nutrition and growth of the body, to prevent diſeaſes, and to co-operate with the former in promoting the general welfare of the ſyſtem. It is true, that the influence of the air in ſupporting life, of ſleep in refreſhing the body, of clothing, exerciſe and cleanlineſs, in defending, cheriſhing, and enlivening the whole habit, may, either ſingly or together, be conſidered as of more importance than food or drink: but it is only by the due aid, uſe and aſſiſtance of all theſe, that health is to be ſupported. And the good effects, which ariſe from the whole, are the beſt evidence of their general utility, and the pleaſing reward of parental care and attention.

Such parents, therefore, as enjoy the privileges and conveniencies of affluence, and have it in their power to follow an advantageous regimen, in all its parts, will be the more eaſily led to ſee the importance of each; and thereby more readily induced to ſoften the hardſhips, and relieve the wants of infant indigence and poverty *.

* The former heads, relating chiefly to the general management of infancy, may be conſidered ſeparately, as of more common and general application than what follows, relating more particularly to the diſeaſes of infants, which requires ſome ſkill and acquaintance with medicine, to be read with advantage.

FOURTHLY,

FOURTHLY, It is of much importance, ſeaſonably to prevent or remove thoſe complaints, which moſt frequently occur during infancy, and timeouſly to relieve, by the moſt ſuitable means, thoſe infirmities of the whole habit, or of particular parts, to which infants are liable *.

* Before entering on this part of my ſubject, it may be of uſe, briefly to notice the ſymptoms by which the complaints of infants are moſt commonly to be diſcovered. Theſe, in general, are denoted by an increaſe of heat, or greater coldneſs and languor, reſtleſsneſs and fretfulneſs, heavineſs or ſleepineſs, than uſual—More particularly, by an alteration in the ſtate of the pulſe—An increaſed deſire for, or averſion to the breaſt, inappetency, or diſinclination to food, or drink—Thirſt, irregular, or depraved appetite—Griping in the bowels, or pains in particular parts of the body—An alteration in the appearance and qualities, quantity and frequency, of the diſcharges by ſtool or urine, or of the contents of the ſtomach thrown up by vomiting—Swelling or hardneſs of the belly—An alteration in the appearance of the tongue, fauces, gums, lips or noſtrils, from their natural and ordinary ſtate—Eruptions, of different kinds, on the ſkin, or a change from its natural colour and appearance—Emaciation or leanneſs of the whole habit, or of particular parts—Increaſe of ſize, and irregular growth or diſtortion in others—Broken or unquiet ſleep—Starting of the hands, or convulſive motions of different kinds—Cough, ſpitting, hickup or vomiting—Difficult or more frequent breathing, wheezing and the like. Some complaints are denoted by external injuries, or by an attention to the cauſes which are known to be productive of particular diſeaſes, to which infants may have been expoſed. An alteration in the ſtate of the eye or ear, with reſpect to the different offices of theſe parts, may alſo be noticed as a mark by which particular diſeaſes are indicated, and all conſiderable deviations from the ordinary ſtate, and appearances of health, are to be regarded, in a general view, in connection with the other ſymptoms which indicate particular diſeaſes.

The human body is at all times liable to many changes, but it is particularly ſo, during the tender ſtate of infancy, and the younger and more delicate children are, the more liable they are to be overcome by thoſe complaints which may at firſt appear to be trivial and unimportant; ſo that an early attention to the ſlighteſt deviations from their ordinary health, is often the ſureſt and moſt effectual means of preventing the moſt troubleſome and dangerous diſeaſes.

The Acidities of the ſtomach and bowels, which ſo often abound during infancy, may, in a great meaſure, be prevented, by a due attention to diet, and regulation of regimen, in all the particulars already noticed; but when they riſe to exceſs, either from irregularities of regimen, indigeſtion, or general weakneſs, the moſt immediate relief is to be obtained by the uſe of a gentle emetic or laxative medicine. The preparations of ipecacuanha alone, the powder and wine in particular, are the eaſieſt and ſafeſt vomits, thoſe of antimony, the emetic tartar, or wine of antimony in particular, given in ſmall doſes, at proper intervals, in general, are found ſufficiently to anſwer both theſe purpoſes, or, their action may be determined more certainly to the bowels, by a combination with abſorbents of a laxative quality, or with the common ſaline or laxative medicines. In general, the ſlighter degrees of acidity, may be ſafely corrected by the uſe of abſorbents alone, which either poſſeſs, or, by combining with the acid, acquire a laxative quality, and act alſo as evacuants.

Magneſia, crabs' eyes, chalk and coral, are the moſt frequently uſed for this purpoſe, and their oc-

caſional uſe is, in general, both ſafe and efficacious; but the magneſia is much preferable for common uſe to any of the others, as being more ſoluble, and poſſeſſing more of a laxative quality than either the crabs' eyes, chalk, or coral, which often rather tend to produce coſtiveneſs, and have been ſometimes accuſed of forming clots, or cruſts of an inſoluble nature in the ſtomach and bowels. Magneſia is ſometimes rendered more ſafe and efficacious, by a moderate calcination, by which it is deprived of a conſiderable portion of its air, and thereby becomes leſs liable to increaſe flatulency or griping in the ſtomach or bowels, which often ariſe from, or accompany acidity and indigeſtion. In certain caſes, a ſolution of the fixed or volatile alkaline ſalts, in ſome of the ſimple diſtilled waters, or given in an infuſion of the common aromatic herbs and ſeeds, may be uſed with great advantage, in order to procure immediate relief, and to prevent or alleviate convulſive motions, ariſing from crudity and indigeſtion, when the uſual abſorbent and evacuant remedies fail to procure complete relief.

Acidity may be ſheathed by demulcents of a dietetic or medicinal kind, after a due uſe of evacuants, or in caſes of great weakneſs, when the frequent uſe of evacuating or abſorbent remedies are not admiſſible, or rather tend to increaſe the complaints: in ſuch caſes, ſoups of different kinds, with a moderate proportion of condiment, emulſions with gums, ſpermaceti, and cordial waters, or light and agreeable infuſions of bitters and aromatics, and a prudent uſe of anodynes, are the moſt ſuitable

remedies. Indeed, in all caſes, the uſe of mild and ſheathing drinks, and of mild and ſoft nouriſhment, of a nature the leaſt prone to acidity, is to be conſidered as a valuable auxiliary to theſe remedies of a more active nature; as tending to ſecure, and render more permanent, the relief which may be obtained by their uſe, and thereby preventing the neceſſity of their too frequent repetition. Suitable exerciſe, either in the open air, or at home, or by frictions of different kinds, is alſo of great ſervice, after the load and crudity has been once removed, in order to invigorate the habit, and diſpoſe to ſleep, which ſhould be freely indulged in, as it alone is often ſufficient to overcome the ſlighter degrees of acidity, crudity, and indigeſtion.

The flatulence and griping which ſo often ariſe from, or accompany crudity, and indigeſtion, in infancy, are to be moſt certainly and ſafely removed by the ſame general means, as have been already mentioned. Sometimes the diſtention and reſtleſsneſs from flatulence in the bowels, and pain from griping, are ſo conſiderable, as to demand an immediate attention to the moſt proper means of alleviating theſe ſymptoms, till they can be more effectually removed. This may often be ſpeedily effected, by the uſe of the ſimple diſtilled waters of aniſeed, or mint, with a proper proportion of the dulcified ſpirit of nitre*, given at ſuitable intervals, till relief is obtained. An infuſion of mint, cala-

* It is to be noted, that this active medicine ought not to be uſed indiſcriminately, or in a large doſe, during infancy. Its occaſional uſe, in ſuch caſes, as a palliative remedy, is only here recommended.

mus aromaticus, orange peel, or other bitter and aromatic plants and ſeeds, may be often advantageouſly exhibited, for the ſame purpoſe, joined with a ſuitable portion of the ſame ſpirit, tincture of cardamom, cinnamon water, or the like, with a portion of ſyrup. And either the ſimple waters, or infuſion, may be combined with abſorbents, or a proportion of the antimonial wine, or the wine of ipecacuanha, as the fever and other ſymptoms may indicate.

Fomentations, applied to the belly and feet, are often of great ſervice; gentle and eaſy motion, and chaffing or rubbing gently with the hand, or warm clothes, is alſo of ſervice, when the pain, crying and reſtleſsneſs, is not increaſed thereby; when this is the caſe, the application of leeches, or the uſe of veneſection, is ſometimes neceſſary; but the principal ſecurity ought to be placed in procuring a ſpeedy and free evacuation of the contents of the alimentary canal, by the uſe of clyſters, and other means, by which the offending matter in the bowels may be carried off, and the tendency to inflammation thereby prevented.

Teething is often accompanied with many diſtreſſing ſymptoms, which are always aggravated by errors in regimen of every kind, and increaſed by coſtiveneſs, which are therefore to be guarded againſt, or removed by ſuitable means. The heat of the mouth, pain and inflammation of the gum, from which the fever and reſtleſsneſs chiefly proceed, may be relieved by emollient applications, carefully and frequently applied with the finger, ſuch as honey, cream, freſh butter, the white of an egg, oil of

ſweet almonds, the honey of roſes, and various mucilages, either ſingly or variouſly combined with one another, or with other liquids, ſo as to render their application more eaſy and efficacious. Emollients may be rendered more penetrating, by adding a ſmall quantity of ardent ſpirits, or hungary water, and more cooling and anodyne, by the addition of roſe water, or a ſmall portion of the dulcified ſpirit of nitre, anodyne mineral liquor, or æther, which alſo poſſeſs very conſiderable antiſpaſmodic and anodyne qualities. When the pain, tenſion, and inflammation of the gum, reſtleſsneſs and fever, are very conſiderable, theſe applications alone are not to be truſted, though their frequent uſe, during the period of dentition will, for the moſt part, prevent theſe alarming ſymptoms, the other parts of regimen being, at the ſame time, properly attended to. When the ſymptoms now mentioned, riſe to a great height, and are little relieved by theſe applications, it is ſometimes uſeful, to have recourſe to the application of leeches, with ſuch caution as experience has ſhewn to be neceſſary with reſpect to their uſe in very young infants: and the gum ſhould be ſcarified freely, before the complaints have riſen to ſuch a height, as to occaſion convulſive motions in the ſyſtem, which do not always yield to theſe or other means afterwards; but may often be prevented thereby. In this caſe the application of a bliſter, and the uſe of fomentations, and ſuitable injections*,

* Such as barley water, or gruel, with a portion of ſweet oil, or ſugar—weak broth—a decoction of althea, chamomile, or valerian, with the addition of caraway, coriander, or fennel ſeed, a portion of oil or freſh butter, and the like.

are often found of excellent ſervice. And the uſe of anodynes, eſpecially when a little reſpite has once been obtained, may ſometimes be prudently had recourſe to, either by the mouth or in clyſters, in order to render the relief obtained more permanent and laſting, though at no period of life is the uſe of opiates more ambiguous, and for the moſt part leſs ſatisfactory, than during the period of infancy; much caution is therefore neceſſary, both with regard to their doſe and repetition, in the earlier ſtages of life. Various ſubſtances are uſed, both previous to, and during the period of teething, for the purpoſe of accuſtoming the child to chew, to ſoften or break the gum; and their uſe, when of a ſimple and inoffenſive quality, is, for the moſt part, to be regarded, as an eaſy and uſeful means of promoting this proceſs of nature.

The aphtha, or thruſh, and many eruptions on the ſkin, when ſlight and unaccompanied with fever, or other diſeaſes, are for the moſt part free of danger, and ought not to be too much regarded; in a medical point of view, ſuch errors in diet and regimen, or diſeaſes of the mother, or nurſe, as may have contributed to give riſe to theſe complaints, ought to be corrected or removed, and the prevailing acrimony in the firſt paſſages, or fluids, of the infant, ſhould be evacuated, ſheathed, or corrected, by the moſt gentle and eaſy means; due attention being always paid to cleanlineſs, and to the appearance, nature, and ſeat of the eruption, in order to guide to a proper choice, and ſeaſonable uſe of the moſt ſuitable external applications. All

ſudden or frequent changes of the temperature of the air, or of the ordinary ſtate of the ſyſtem, ſhould, in theſe caſes, be avoided, and the diet and regimen, adapted ſo as to ſupport, nouriſh, and refreſh, without heating or loading the ſyſtem.

A gradual Degeneracy, decay, or waſting of the whole habit, or an irregular growth, ſwelling, or diſtortion of particular parts, frequently takes place during infancy, accompanied with weakneſs, laſſitude, a thickening or hardening of the ſkin, ſlenderneſs of particular parts, ſwelling of others, caries of the teeth, a premature ſagacity, and many appearances of age in infancy. This complaint, to which ſome weakly and puny children, from their birth, ſeem particularly liable, and which alſo frequently attacks children, who before had been thriving and healthy, is one of the moſt obſtinate chronic diſeaſes, which occurs at this period of life; being frequently irremediable in its effects, or fatal in its iſſue. Such children, as from the infirmities or diſeaſes of the parents, the weakneſs and delicacy of their habit from the birth, or in conſequence of ſevere acute diſeaſes, may be ſuppoſed liable to this degeneracy, and gradual perverſion of the powers of aſſimilation, nutrition, and growth in the ſyſtem, ſhould be treated with particular attention, in every thing relative to regimen: their food ſhould be in moderate quantity, but ſubſtantial and nouriſhing; and when they do not thrive at the breaſt, it is very generally proper, eſpecially after the ſixth month, to try a proportion of other nouriſhment, or even to take them from the breaſt altogether, when the

infirmities or habits of the mother, or nurſe, are unfavourable to their health and welfare. A change of milk may ſometimes be tried with advantage; eſpecially when there are advantages in point of health and attention, on the part of the nurſe, and the early age of the infant, at the ſame time, renders the breaſt neceſſary: but when chicken or other broths, with a moderate proportion of condiment, can be taken readily, they are often preferable to milk, eſpecially when acidities are prevalent, or the milk is not ſuited to the age and habit of the infant.

The occaſional uſe of coffee, of a moderate degree of ſtrength, with a proper proportion of milk and ſugar-candy, cinnamon or nutmeg, is uſeful, to correct crudity, and promote a due aſſimilation of the humours; but its continued uſe is not adviſable in this complaint, or during infancy in general. The bread which is uſed, ſhould be of a ſound and wholeſome quality, without any mixture of fat, or ſweets, which are, in general, hurtful and pernicious, and of very difficult aſſimilation; eſpecially after they have undergone the action of the fire in baking. Wine, of a ſound and generous quality, exhibited in ſmall proportions, as a cordial, at ſuitable intervals, after food has been given, is often ſalutary and uſeful. Moderate exerciſe, in proportion to the ſtrength of the child, and frictions of the whole body, or of particular parts, eſpecially of the belly, ſpine, limbs and joints, are of excellent ſervice; and emollient, ſpirituous, and nervine lini-

ments *, may often be applied to theſe parts, with advantage, taking care, that the pores are not too much loaded, at any one time, by a too free application; being uſed in ſuch quantity only, as to excite a gentle warmth, heat and moiſture of the parts, and any ſuperfluity which may lodge on the ſkin, ſhould, from time to time, be removed, in order to render their farther application more effectual. It is alſo more proper that the ſmell of any external application, which may be uſed, be agreeable to the patient, than otherwiſe; for every thing which tends to enliven, refreſh, and render the child more cheerful, is ſalutary, while uſed in a proper manner and quantity.

It is of very great importance, to preſerve a natural, healthy and uniform temperature of the body, by warm, dry, and comfortable clothing, and by ſuitable amuſements and exerciſes, either in the open air, or at home, according to the ſtate of the

* Such as oils or fats, with eſſential oils—that of roſemary, or the like—ardent ſpirits ſingly, or a little ſoftened by the addition of expreſſed, or eſſential oils—alkaline ſpirits, ſoftened by the ſame means, or with other additions, as in ſome of the officinal compoſitions. The application of the ſtronger liniments ſhould rather be occaſional, or at regular intervals, than too frequent, by which means their effects may be more properly obſerved, and their advantages improved, by a timely and ſeaſonable repetition, where much cannot be expected from one remedy ſingly, and a certain time is requiſite before a conſiderable change for the better can be effected, it is of uſe to avoid rendering any thing that may prove ſerviceable uſeleſs, by a too frequent or unſeaſonable repetition.

ſeaſon, and temperature of the weather. All dampneſs, and naſtineſs of every kind, whether in the air of the apartment, clothes, or bedding of the child, or mother, ſhould be carefully avoided, or corrected by the moſt proper means; for theſe complaints ſeldom riſe to a great height, even under many diſadvantages, when there is a pure, dry, and warm atmoſphere, unleſs they are owing to a hereditary taint, derived from the parents. Sound and refreſhing ſleep, is to be freely indulged, but the doſing and ſlumbering, which follows natural ſleep, ſhould be checked, as tending to increaſe the heavineſs and inactivity, which are a part of the diſeaſe: nor ſhould children be allowed to remain in bed when awake, longer than the uſual time of natural ſleep.

The cold bath has long been held in great eſteem as one of the moſt valuable means of preventing this degeneracy of habit in infancy: its uſe has been, perhaps, over-rated, by Sir John Floyer, in his treatiſe on cold bathing. But immerſion, or dipping, in cold freſh-water, or in ſalt-water, which is of a more ſtrengthening and drying nature, is certainly to be regarded as a valuable auxiliary, when it is prudently and ſeaſonably uſed. The immerſions ſhould at firſt be ſlight, and performed chiefly in the morning, the water not being of too cold or chilling a temperature, when the child is weakly, till it is a little accuſtomed to the bath; due care being always taken, to dry the ſkin carefully afterwards, and to promote the glow and warmth which ſucceeds the uſe of the bath, by

ſuitable warmth, exerciſe, chaffing, or frictions of the whole body, or particular parts, as the child may be able to bear them. Sleep may afterwards be indulged with advantage. The effects of immerſion, dipping, bathing, or the pouring of cold water over the whole body, or on particular parts only, are carefully to be noticed, for its uſe cannot be long continued, in weakly infants, without tending to refreſh and ſtrengthen the habit, and render the infant more cheerful and lively, or to injure the general health, or thoſe parts of the body which are weakeſt; but its uſe ſhould not be too haſtily given up, for the ſlighter inconveniencies which may at firſt ariſe, till every attention has been paid to accommodate the time and circumſtances of its local or general uſe to the ſtate of the parts, and the general habit and ſtrength of the infant. Its effects in refreſhing and ſtrengthening the habit, increaſing the appetite, and procuring quiet and refreſhing ſleep, ſoon after its uſe, are to be eſteemed the moſt ſalutary. In general, a conſiderable degree of heat and fever, great weakneſs, inflammatory eruptions on the ſkin, difficulty of breathing, ſwelling and obſtructions of the abdomen, are circumſtances unfavourable to its uſe, or, at leaſt, require that it ſhould be uſed with prudence, and due attention to its effects on the habit at the time.

When children, who have before been thriving and healthy, begin to languiſh and waſte, without any evident diſeaſe, the firſt and moſt important conſideration in this, as well as in the former caſe, is diligently to enquire into, and correct any errors

in diet and regimen, from which theſe complaints may have ariſen. And ſecondly, when various ſymptoms of diſeaſe do more diſtinctly appear, either in thoſe who have been formerly healthy, or in thoſe who have been always more weakly and delicate, they are to be relieved by thoſe means which the nature and cauſes of the ſymptoms particularly indicate.

Crudity and obſtructions in the abdomen, are to be relieved by emetics; and laxatives of a ſaline, aperient, and moderately ſtimulating quality, exhibited in ſmall doſes, and repeated in proportion to the relief obtained, and the ſtrength of the patient.

Inappetency and indigeſtion, may be helped by the uſe of bitters and aromatics, and the weaker chalybeates and tonics, in a form and doſe ſuited to the infant ſtate *.

* Beſides the remedies already noticed in a general way, as ſuited to theſe ſtates of this diſeaſe, the occaſional uſe of vomits, and of ſaline aperient remedies, to remove obſtructions of the abdomen, deſerve to be more particularly mentioned.

The following powder is recommended, in the ſtrongeſt terms, by Sir William Fordyce, a phyſician of eminence in London, as a remedy for rachitic complaints, under the title of

Pulvis Cachecticus et Antirachiticus Infantum.

℞. Sal. polychreſt. ℈ß,
Pulv. rad. rhabarbar. gran. iii. iv. v. vi. vel vii.
M. pro unâ doſi, omni manè ſumend. per 14 dies, vel donec ceſſerit febris hectica, aut tumor abdominis.

" Had I been, ſays he, more ambitious of dying a rich man, " than of living a uſeful member of ſociety, the powers of our " prophylactic powder, &c. and antirachitic one, for curing, as " if by miracle, the hectic fever and the ſwelled bellies of chil-

" dren

A prevailing humoral diatheſis, whether hereditary or acquired, is to be treated by ſuch alteratives as are ſuited to correct its nature, and by the uſe of iſſues, which alſo tend to relieve local congeſtions, and prove an uſeful ſtimulus to the ſyſtem, when the patient is not already exhauſted by the continuance of the complaints, or the hectic fever which often ſupervenes.

The Scrophulous diatheſis, which is now ſo prevalent, is moſt powerfully to be corrected by a dry, light, and rather ſtimulating diet, when there is no conſiderable heat or fever, a pure and dry air, moderate exerciſe, ſea-bathing, ſailing, or living near the ſea, and, at a more advanced period of life, following the ſea life, and living upon the diet of ſea-

" dren in this town, would have remained a ſecret while I " lived, &c." New Enquiry concerning Fevers, &c. at the end. The ſal. polychreſt, in the above form, or in compoſition with other bitters and aromatics, ſuch as the calamus aromaticus, canella, or ginger, is often no doubt, a valuable medicine; but it will ſometimes be found to operate roughly, and affect the bowels much, in weakly and delicate children. The cream of tartar, or ſome of the milder ſaline remedies, may therefore be uſed in ſuch caſes, with more ſafety and advantage.

Among the tonic remedies, uſed in this diſeaſe, the peruvian bark deſerves eſpecially to be mentioned, uſed in a ſolid or liquid form, either ſingly or in compoſition, as may be judged moſt ſuitable to the caſe, and circumſtances of the patient. And the milder chalybeates, ſuch as the ferrum tertariſatum of the London diſpenſatory, the mars ſolubilis of former diſpenſatories, prepared by repeated additions of white wine, and long digeſtion is certainly a valuable medicine; among the chalybeates, uſeful in this diſeaſe, the vinum chalybeatum and mars ſacharatus deſerve alſo to be mentioned, and among the bitters, the vinum amarum, or ſimilar preparations.

men, eſpecially in voyages to the warmer climates, moſt powerfully corrects a ſcrophulous habit, and gives a firm, dry, and muſcular make, which is altogether oppoſite to a ſcrophulous tendency. The uſe of coarſe, dry and warm clothing, which occaſions a degree of friction on the ſkin, is alſo very uſeful; and it is always of ſervice to keep the body moderately open, as the contrary ſtate tends greatly to increaſe the rankneſs, inertia, or ſluggiſhneſs of the lymph, in ſcrophulous habits. Great changes are ſometimes produced by the uſe of the more active purgatives, but they are ſeldom laſting or permanent, and the ſame may be ſaid of the more active remedies in general; a great variety of which have been tried, with a view of making a change on the ſyſtem, and relieving the various ſtates of this diſeaſe which is often of a moveable nature. The moſt ſafe and effectual alteratives are, the ſaline aperients, with the warmer gums, bitters and aromatics, the guaiacine remedies, iſſues, mineral waters of a ſaline and moderately ſtimulating quality, ſea-water, and ſea-bathing, and the uſe of the milder corroborant remedies, both of a vegetable and metallic kind, exhibited at ſuitable intervals, with regularity and perſeverance *. Beſides the remedies above-

* The moſt powerful corrector of the ſcrophulous diathēſis, next to the uſe of ſea-water, and in ſome caſes preferable to it, I take to be the ſaline aperient water of Pitcaithly, near Perth, uſed externally and internally, in a proper manner, and for a ſufficient length of time; being remarkably ſuited to thoſe caſes which are accompanied with humoral diſcharges, and febrile complaints.

mentioned for the ſcrophulous diatheſis, decoctions of the woods, lime-water, tar-water, ſulphur and ſulphureous waters, ſoap, the abſorbent powders, millepedes, ſponge, æthiops mineral, and ſeveral other mercurial and antimonial preparations, various balſams, and turpentines, and many other remedies, which I do not now enumerate; but eſpecially the peruvian bark, have occaſionally been propoſed, and ſometimes uſed with advantage, in the different ſtates of this complaint, from which the views of different practitioners may be gathered, and the uncertainty of truſting to any one remedy, in all caſes, is ſufficiently pointed out. Some of theſe remedies, it may be obſerved, are not much ſuited to the infant ſtate; and it may here be noticed, in a general way, that the ſlighter ſores externally are often to be regarded, as the moſt favourable form of this diſeaſe, and ſeldom require or indeed agree well with the uſe of active remedies, either externally or internally.

When worms are indicated as the cauſe of this degeneracy of conſtitution, or occur as a ſeparate complaint, the moſt effectual remedies are, the bitter and ſaline purgatives, and the milder mercurial and chalybeate preparations. Beſides theſe remedies, many bitters and aromatics, gums, reſins and other ſubſtances, both vegetable and metallic, which retain their qualities a long time, or paſs, unchanged, through the alimentary canal, have occaſionally been propoſed, and uſed as vermifuge remedies with advantage; the more ſimple, and thoſe which are leaſt heating and inflammatory, are the moſt ſuited to

the infant ſtate *. Clyſters of an emollient, bitter or anodyne quality, may often be uſed with advantage. Applications, of ſimilar qualities, to the navel, have been frequently recommended formerly, but the more active remedies, draſtic purgatives eſpecially, ſhould never be uſed in this way during infancy, as their effects cannot be eſtimated from the quantity uſed. In this complaint, it is of great importance to uſe food of a ſound and wholeſome quality, duly prepared by boiling, and to avoid all food of a crude or indigeſtible quality.

When febrile ſymptoms accompany, or ariſe from any of theſe ſtates of the ſyſtem, during this complaint, they are to be moderated by the uſual means, and their cauſes removed, by the remedies already mentioned, or others which may be eſteemed more ſuitable to the patient; due regard being always paid to refreſh the patient, by cleanlineſs, and a pure air, and to ſupport, by plain and wholeſome nouriſhment. Irregular growth, or congeſtion, on particular parts, is ſometimes to be relieved, or

* The remedies moſt commonly uſed for worms, are rhubarb, jalap, calomel, æthiops mineral, the ſemen ſantonicum, and other bitters. The Limatura ferri, ferrum tartariſatum, and mars ſacharatus, may likewiſe be uſed occaſionally, in different caſes, with advantage, when the diſeaſe is with certainty known, or with great probability ſuſpected. Much depends on a ſuitable choice, and ſeaſonable exhibition of the remedy, in a proper doſe and timely repetition, in order to render its operation more ſafe and efficacious in particular caſes; which a due attention to the circumſtances of the caſe, and the general properties and effects of the remedy, can only point out.

checked, by a moderate and equal compreſſion of the parts affected.

By a due attention to theſe and other means of relief, which may occur to the ſkilful practitioner, the various ſymptoms which take place, in this obſtinate and lingering diſeaſe, may ſometimes be removed, and often relieved, ſo as to prevent the patient's becoming worſe, which is of no ſmall importance; for by gaining a little time, the conſtitution is more and more enabled to ſupport the diſeaſe, which the progreſs of life has a natural tendency to remove.

Beſides theſe complaints already noticed, ſome convulſive diſeaſes, and other complaints, of a chronic kind, of leſs frequent occurrence, ſometimes take place in infancy, which I do not now notice particularly; partly, becauſe the general means of preſerving health, and relieving the complaints already noticed, are, for the moſt part, the moſt effectual means of preventing or leſſening the violence of theſe diſeaſes likewiſe: ſome of which, the dropſy of the brain in particular, properly ſo called, when an idiopathic or primary complaint, is, generally ſpeaking, an incurable diſeaſe. And concerning the Chincough, and other convulſive complaints, which frequently occur, at this period of life, it may be remarked in general, that the moſt effectual means of relief are directed chiefly to the relief of the moſt urgent ſymptoms, or removing the cauſes which accompany, or are connected with the diſeaſe, in particular caſes, and tend to increaſe the particular ſymptoms, or render the recurrence of theſe complaints more frequent, which is always of very bad

conſequence. To theſe cauſes very particular regard is due in theſe complaints, and it may be ſaid in all others likewiſe, for which no certain or ſpecific method of treatment can be pointed out, which is alike applicable in all caſes. Sometimes the occaſional uſe of gentle emetics is highly uſeful, ſometimes veneſection, ſometimes the general means of correcting acidity and crudity already pointed out, ſometimes tonics and reſtoratives are chiefly indicated, and it is very generally proper in all caſes, to alleviate the general or local irritation which is moſt diſtreſſing and troubleſome; for which purpoſe, quiet, and confinement in one place, is ſometimes chiefly to be truſted to: and the uſe of emollient and anodyne remedies, is ſometimes of excellent ſervice for the ſame purpoſe. In other caſes, a change of habits and ſituation, the gradual progreſs of life, and ſuitable employments and purſuits, are the principal means of overcoming or leſſening the violence of theſe diſeaſes.

The general means of moderating the violence, and leſſening the danger of one acute diſeaſe, which frequently occurs, during infancy, may be here noticed. The ſmall-pox prevail ſo generally, and prove ſo frequently fatal, at every period of life, that the practice of inoculation has, for a conſiderable number of years, been very generally had recourſe to, at an early period of life, as a ſafe and effectual means of moderating the violence, and leſſening the danger of this very acute and dangerous diſeaſe. Experience has already ſo clearly ſhewn the comparative advantages of inoculation, in this reſpect,

that they cannot now be denied. And it does not appear, that children, who have been inoculated, are more liable to, or more frequently cut off by other diſeaſes, than thoſe who have had the ſmall-pox in the natural way: on the contrary, their conſtitutions are, for the moſt part, leſs ſhaken by the diſeaſe, and conſequently leſs liable to, and ſooner recover from, many infirmities which frequently follow this diſeaſe, when it is violent in the natural way. And when the inoculation has had a due effect, they are equally ſecured againſt a ſecond attack of the diſeaſe, though I readily grant, that the change on the conſtitution is often not ſo great and radical, as that which is made by the natural ſmall-pox, both on the general habit and appearance of the body; but it does not appear that this change is productive of any advantages.

Independent of theſe conſiderations, the practice of inoculation may be conſidered as ſtrongly ſupported by experience, and ought, perhaps, in general, to be received thankfully, as one of thoſe inventions, of which a profitable and right uſe may be made by individuals, at the ſame time, making uſe of ſuch aids as have been approved by experience, as conducive to its ſucceſsful adminiſtration. Strictly ſpeaking, it cannot be ſaid to be agreeable to the order of nature, or providence, to bring a diſeaſe on a ſound and healthy perſon, with a view of preventing another diſeaſe, which may or may not take place, or which may eventually prove as favourable as the other: in this point of view likewiſe, when due regard is had to common experience,

the queſtion, under certain circumſtances, ſeems reducible to this common propoſition, " Of two evils " chooſe the leaſt;" for I do not ſee how this diſeaſe in any form can be accounted to have any other advantages, than are derived from a comparative view of its uſual effects in different caſes, whether received by inoculation or otherwiſe.

It ſeems to be a duty, incumbent on thoſe who have recourſe to this practice, as a means of perſonal ſecurity and advantage, to be careful and tender that others are not injured thereby; for it is very certain that the infection of this diſeaſe is kept up and propagated by this means, to a degree unknown in former times; inſomuch, that the promiſcuous uſe of inoculation in great cities, and in populous ſituations, ſeems to be often very prejudicial to the public welfare and ſecurity, and would ſeem to require ſome public regulations, to prevent the practice of individuals becoming ſo injurious to the public welfare.

As parents often wait the event of inoculation with conſiderable anxiety, it may be noticed, that it frequently fails of taking a due effect, from the operation being performed in too ſlight and ſuperficial a manner. Under circumſtances of great weakneſs and infirmity of conſtitution, this operation ſhould not be raſhly performed, from any views of relieving other complaints under theſe circumſtances by the effects of this diſeaſe, when there is, at the ſame time, a great probability that the powers of life may be farther weakened, or overcome thereby. Whatever preparatory means are uſed, ſhould

rather tend to correct what is amiſs in the general habit, or in the exerciſe of particular functions at the time, than to alter too much, or too ſuddenly, the ordinary ſtate and condition of the ſyſtem. A ſuitable attention to diet and regimen being all that is required, in many caſes, by way of preparation.

In the treatment of the natural ſmall-pox, it is of great importance to follow a cool and refreſhing regimen, to moderate the moſt diſtreſſing ſymptoms, and to procure reſt, during the eruptive, and ſuppuratory ſtages of the diſeaſe. And in the latter ſtages of the diſeaſe, it is highly uſeful to co-operate with, and promote the ſalutary tendencies of nature, to ſupport and ſooth the patient, and to relieve the moſt urgent ſymptoms ariſing in the courſe of the diſeaſe, for which purpoſe, many general and particular remedies, both externally and internally, are occaſionally of excellent ſervice, which I now mention in general, without farther noticing particulars, being of opinion, that an attention to the moſt proper method of treating the natural ſmall-pox is too much neglected, from an opinion that little or no good is to be done, by an advantageous regimen and treatment, by which the mortality of the diſeaſe is no doubt greatly increaſed *.

During infancy, when the ſolids are tender, flexible and extending, and the fluids in a mild balſamic

* I may afterwards treat of this ſubject more particularly, in another edition of the pamphlet concerning the management of febrile diſeaſes, which I propoſe to correct and enlarge, when I find a convenient opportunity.

ſtate, there is often an opportunity of correcting and removing the weakneſs, infirmity, or deformity of particular parts, with a ſucceſs, eaſe and ſafety, that it is in vain to imitate at later periods of life. And this is commonly done, either by the aſſiſtance of chirurgical or mechanical means,—In the uſe of the latter, it is chiefly neceſſary to adapt them to the ſtate of the part, ſo as to anſwer the principal end in view, whether the compreſſion, ſupport or direction of parts, in the eaſieſt and moſt effectual manner, due regard being always had to the ſtate of the ſyſtem, and of the parts more remotely or immediately in connection, with thoſe which are affected, or ſubject to the influence of the mechanical helps which are uſed.

An imprudent or unſeaſonable uſe of even uſeful means may otherwiſe do more harm than good. The effects which are produced, ſhould therefore be carefully noticed, and ſo managed as to produce a gradual change, which is for the moſt part the moſt permanent, and always the moſt ſeaſonably attempted, when the ſyſtem is in a thriving and improving ſtate, or can be brought into that ſtate, by a ſuitable regimen, and the aſſiſtance of ſuch remedies as may be occaſionally requiſite.

Are amulets, or things of a ſimilar kind, uſeful in infancy, in a preventive or curative view? Of theſe ſome may poſſeſs ſenſible qualities, which may affect the different ſenſes, or change the qualities of the air. Others may affect the mind, or different parts of the body, by their mechanical qualities, or the impreſſion which is by means of theſe, or other

ſenſible qualities, made on the mind: but neither of theſe effects are, for the moſt part, either permanent or laſting, and may often, when too powerful, be very hurtful. Many things which are uſed in this way, may be harmleſs in themſelves, but idle and ſuperſtitious in their tendency, and therefore reprehenſible, as they lead to unſuitable views of inanimate objects, and tend more and more to miſlead and pervert the human underſtanding, already ſufficiently weak and alienated from the Divine Creator, the fountain of wiſdom, by unſuitable views of its own inventions, and of his creatures, which leads me to remark, that ſome things uſed in this way, even under the appearance of piety, are, nevertheleſs, full of impiety and preſumption.

While all due care is taken to preſerve and improve the health, or to remedy the infirmities of the body, during infancy and childhood, ſtill greater attention is neceſſary to give a ſuitable employment and direction to the powers and capacities of the mind, which, very early in infancy, is endowed with a very clear and quick perception, and ſtrong propenſity for information and improvement, but very readily admits of being perverted, when deprived of ſuitable aſſiſtance, and of due employment and direction.

Too much attention, therefore, cannot be beſtowed, during this early period of life, in order to render the amuſements of children harmleſs and agreeable, uſeful objects familiar, example improving, obedience encouraging, reſtraint ſalutary, and correction ſeaſonable and parental; but above all,

to ſeaſon the mind with piety to GOD the CREATOR, as revealed by CHRIST in his word, and manifeſted by the works of creation and providence, whoſe goodneſs, it may be added, is ſhown by all that is truly good, eſtimable, or excellent among men, and really valuable in the enjoyments and comforts which are daily received by the bounty of his providence: To whom therefore, all the benefits and advantages which are received and enjoyed by the bounty of providence ought duly to be acknowledged;* ſo that the mind, when young and tender, may be

* While gratitude and thankfulneſs to the Creator, for the benefit and uſe of his creatures, and the advantages enjoyed by the bounty of providence, is recommended as a commendable exerciſe, which is ſuited to the meaneſt capacity, it is neceſſary, at the ſame time, to warn the reader againſt the abuſe which may be made of it. Many inferences have been drawn from the common objects of nature, and from incidents, or occurrences in providence, under colour of ſpiritualizing theſe, which are of themſelves impious and unwarrantable, more eſpecially, when uſed lightly, or drawn from objects, or incidents, which are of themſelves trivial and inſignificant, or when applied to, or compared with divine things of more important concern, with which they, properly ſpeaking, have no connection; tending, in other words, to render temporal things eternal, or to debaſe and pollute divine things by unſuitable compariſons, and that at the diſcretion or fancy of the individual, without any juſt ground or warrant from ſcripture to authorize the allegory. This abuſe, under colour of piety, has led to the groſs and abominable error of the pentheiſts, groſs and ſenſual views of divine things, idolatry and ſuperſtition, to which mankind, in all ages, have been exceedingly liable. An error which may be conſidered as the moſt fruitful ſource of idolatry and ſuperſtition, in the once fair and flouriſhing churches of Greece and Rome, and as the

early drawn, with gratitude, to acknowledge the goodneſs of the Creator, among whoſe creatures they are placed, in an eminent rank, in the kingdom of nature and providence, and who hath likewiſe, graciouſly and condeſcendingly, afforded ample encouragement in his word, and ſufficient aſſiſtance in his ordinances, to enable thoſe who ſeek him early to find him, and to become the diſtinguiſhed objects of his grace and favour, through the gracious aid of the Divine Redeemer, and his creatures, in a more gracious and important relation, than the objects of nature, or the other creatures and ſubjects of providence which appear but for a little, or muſt ſoon paſs away and be diſſolved.

Concerning the whole of this ſubject, I may farther obſerve, that though it is the duty of every parent, to pay attention to the welfare of their children, in all theſe particulars, ſo far as their ſituation and circumſtances will permit, yet it is not in the power of any to command ſucceſs. Weakneſs and infirmity is, at all times, a part of our nature, which is very prevalent in infancy. Diſeaſes and accidents muſt often take place, and death is the common lot of all men, and often viſits in infancy; the prevalence of evil, at all times, being indeed very great. Acquieſcence and feeling, continuance in duty, and attention to things uſeful, are, at all times, valuable

very baſis of the deſtructive and dangerous doctrine of correſpondencies, which has been ſo gladly received by many in modern times.

parts of our duty, and are as becoming under diſappointment, though not always ſo encouraging, as gratitude to the Creator, and charity to his creatures, are, under more favourable circumſtances.

A ſuitable view of theſe things, and an acquaintance with the relative importance of particulars, tends equally to diſcourage an anxious and minute attention, about trivial and unimportant things,* as to check an improper confidence and ſecurity in the uſe of thoſe which are more important. This leads me farther to remark, that though it is a deſirable thing that our practice ſhould be, in ſome meaſure, guided by a ſuitable knowledge of particulars, yet there is often much right in what is done in ſimplicity, which it is not my intention in any wiſe to diſcourage, but rather to improve and aſſiſt. Such particulars, therefore, as may appear to be evidently uſeful, ſhould be gradually brought into practice, and what may have been amiſs, in like manner, gradually corrected, which is rather to be adviſed, than that the whole of their former experience ſhould be forſaken or practice changed at once, which cannot fail to be dangerous: In this way, the general ſcope and tendency of the whole,

* I might here quote a Latin ſentiment, to illuſtrate a little my meaning in this reſpect.

Atque etiam morbus eſt aliquis per ſapientiam mori. It may be accounted a ſort of diſeaſe to be wiſe overmuch, or to die from too much wiſdom, as it is literally, which may be noticed, ſo far as it tends to diſcourage an over anxious and miſapplied attention to things of no profit, and no farther; for this cannot be accounted the moſt common error on this ſubject.

and the relative importance of particulars, will be more eaſily diſcovered, and the better underſtood. While I offer this caution to thoſe whom I wiſh to aſſiſt, I may farther notice, before taking leave of this ſubject, that it is no part of my intention to offer advice to thoſe who may already be ſufficiently inſtructed, this might juſtly be accounted ſuperfluous; nor is it my intention to diſcourage what is already well ſupported by experience, this would be offering a ſort of violence to others, which it is my wiſh, on all occaſions, to avoid.

END OF PART FIRST.